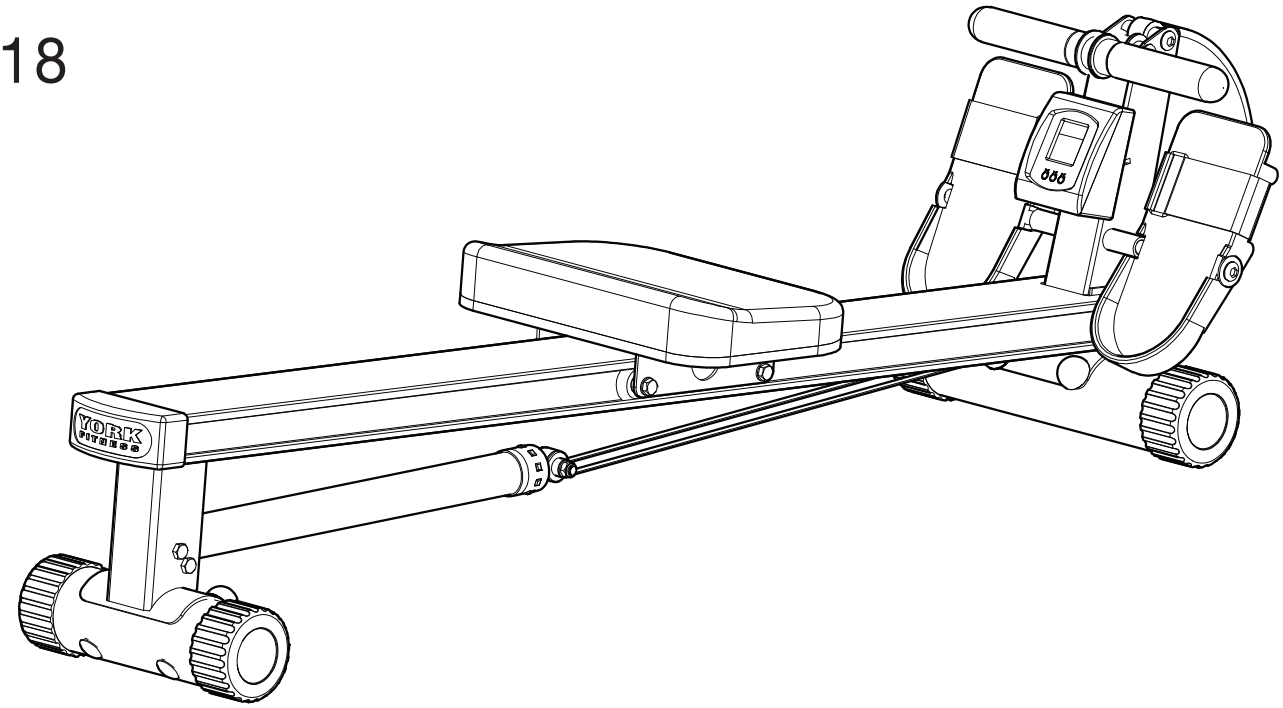
YORK®
FITNESS

Owner's Manual

Quest Rower

56018



V1.1 17MAY2012

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 120kg

Safety Standards

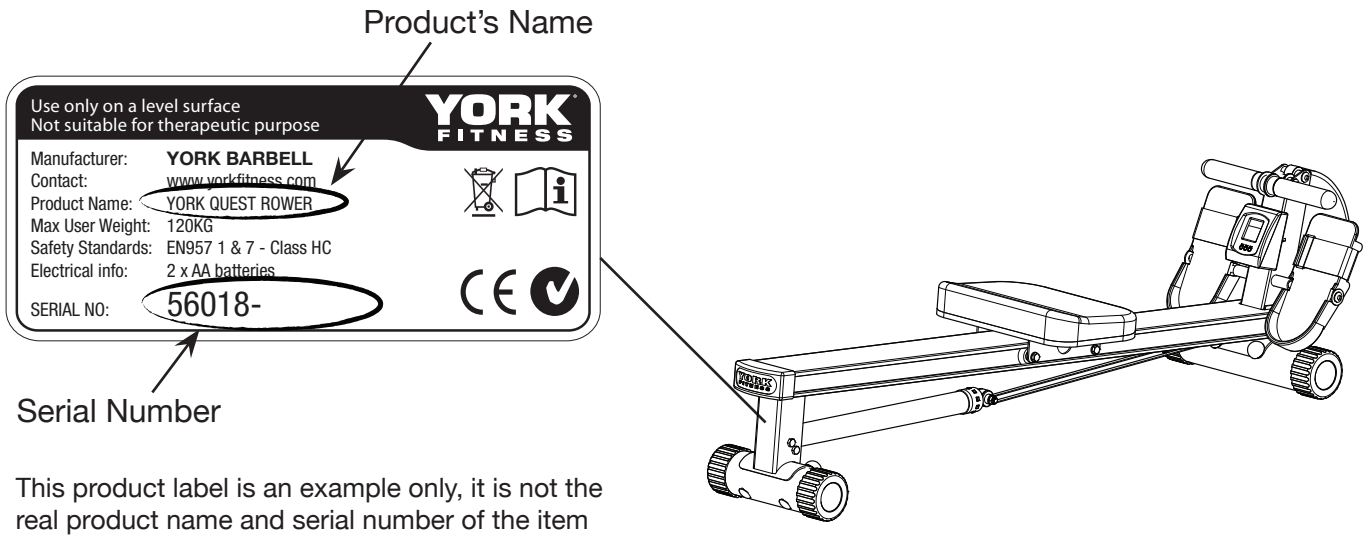
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7-CLASS HC. Therefore the equipment carries the following marks:

Customer support

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect


Product's Name
Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: www.yorkfitness.com
Product Name: YORK QUEST ROWER
Max User Weight: 120KG
Safety Standards: EN957 1 & 7 - Class HC
Electrical info: 2 x AA batteries
SERIAL NO: 56018-
Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

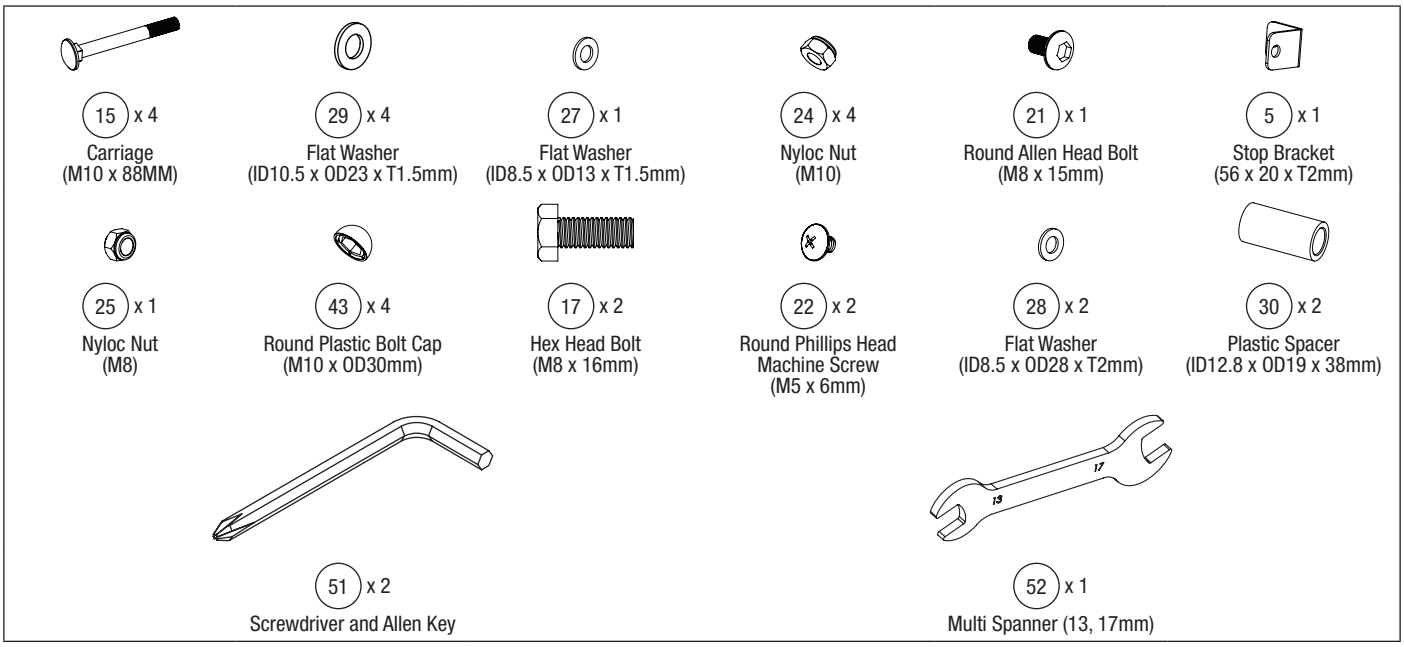
PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

WORK WITH A FRIEND - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

OPEN THE CARTON - Check any warnings on the carton and make sure you have it the right way up.

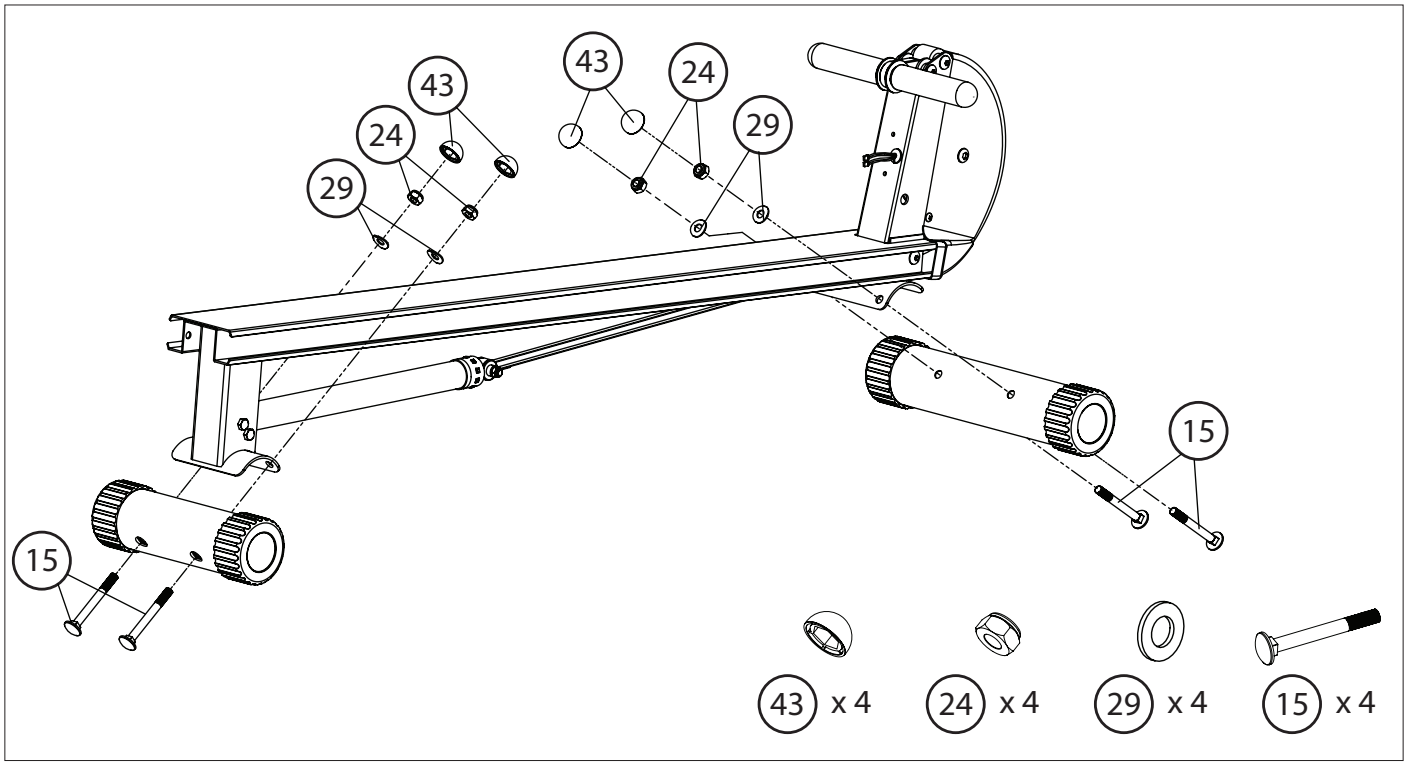
UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:

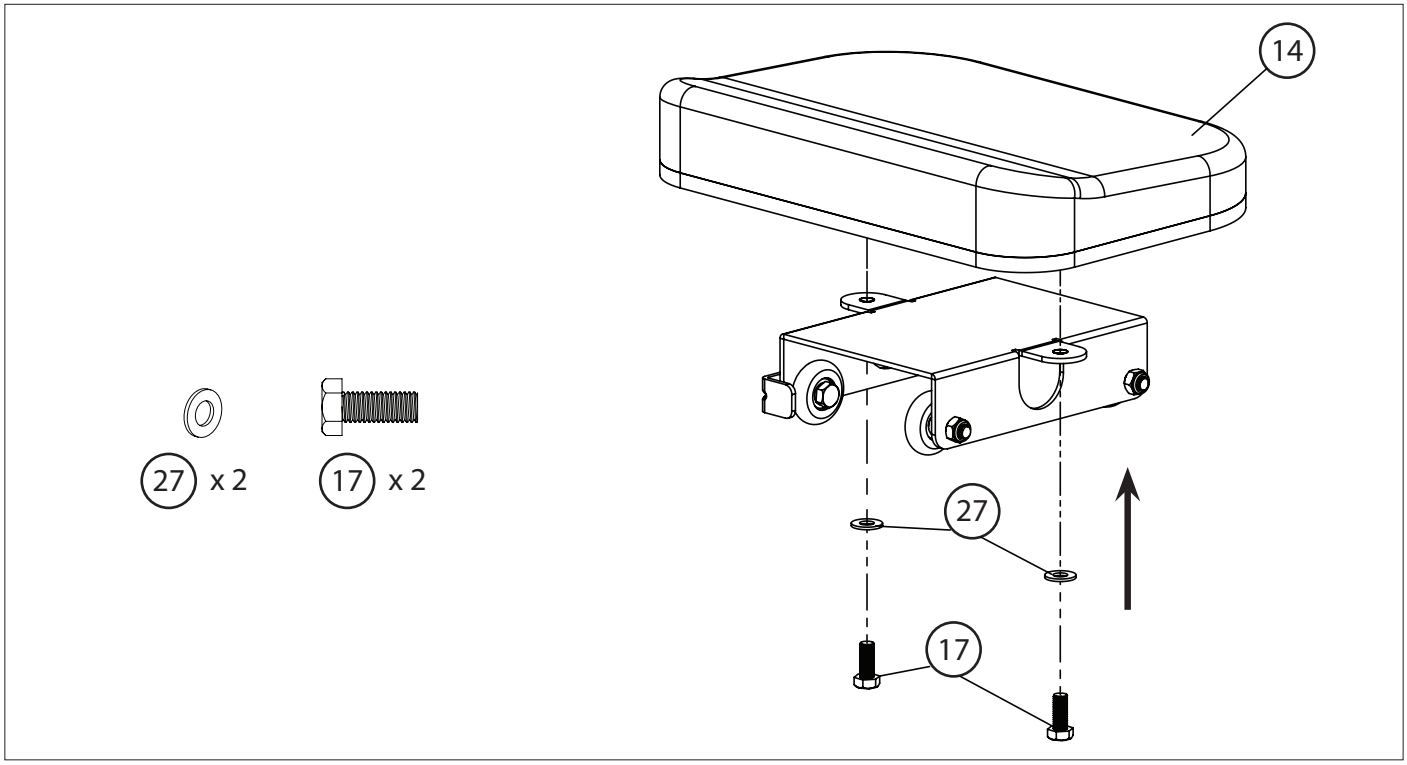


Assembly instructions

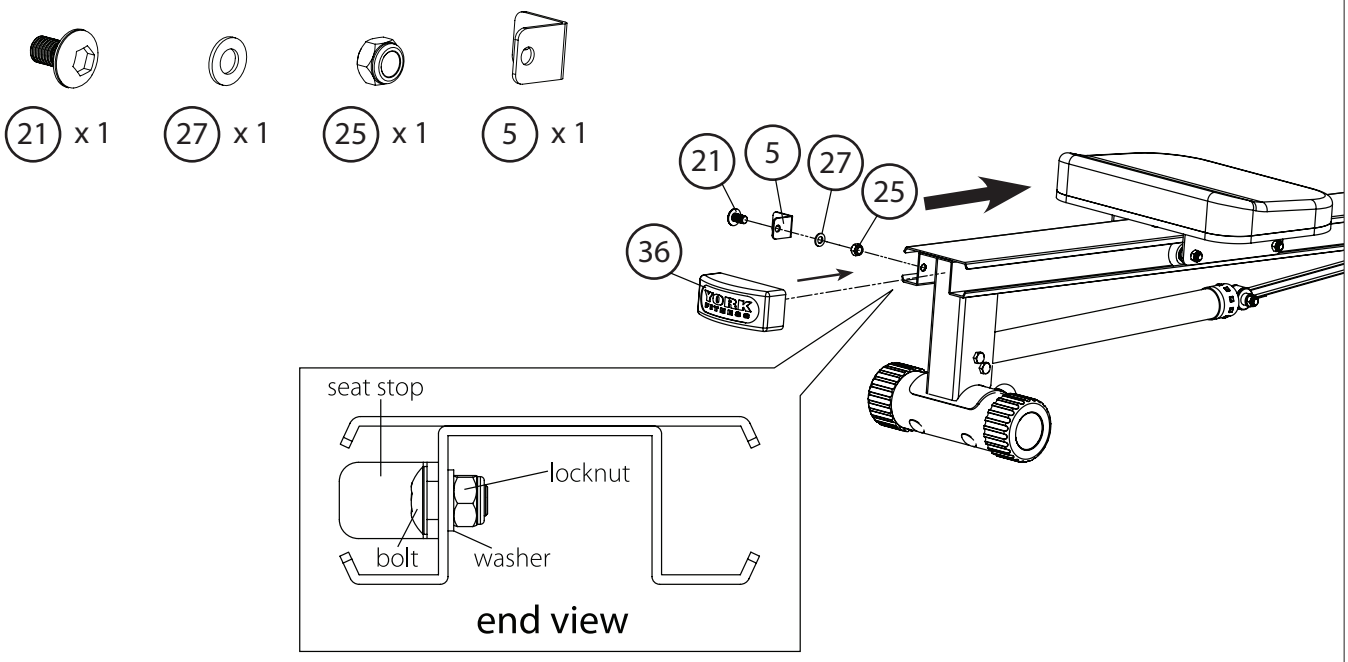
STEP 1



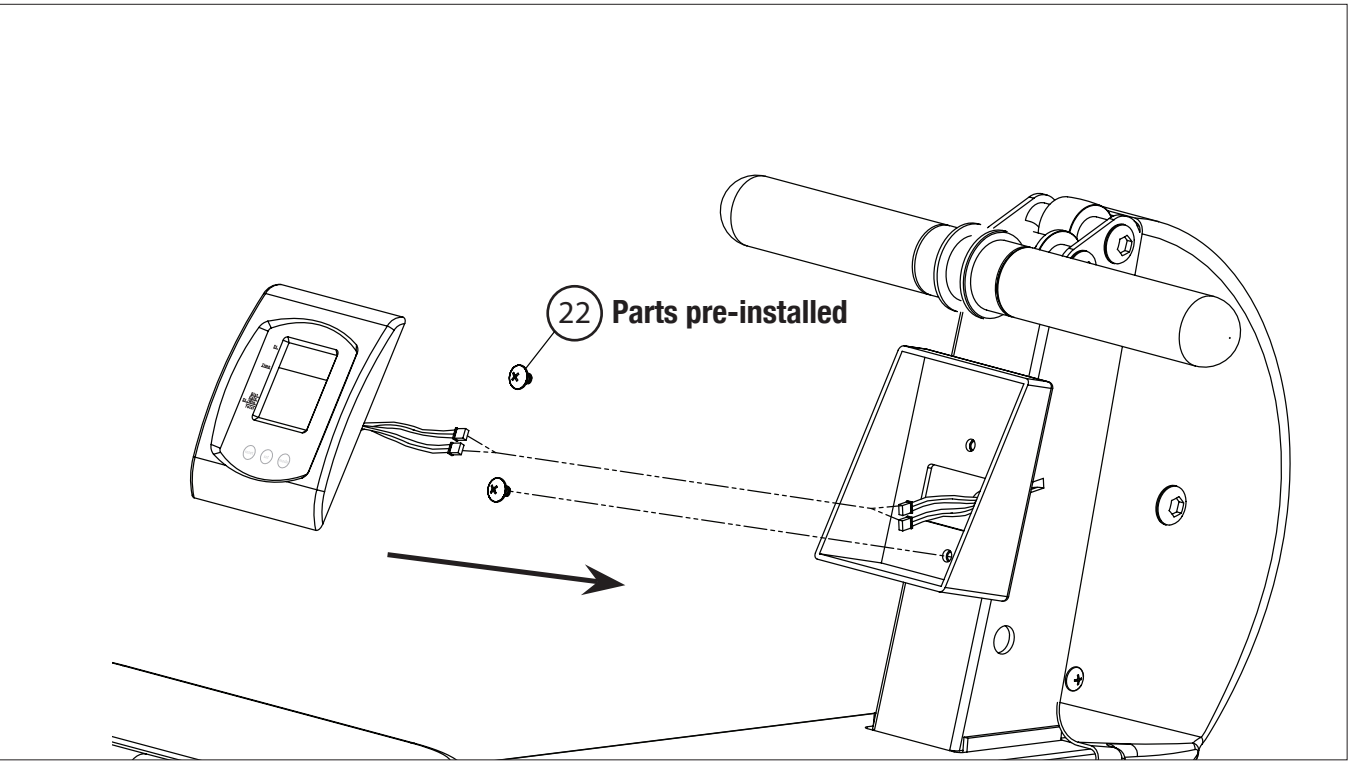
STEP 2



STEP 3

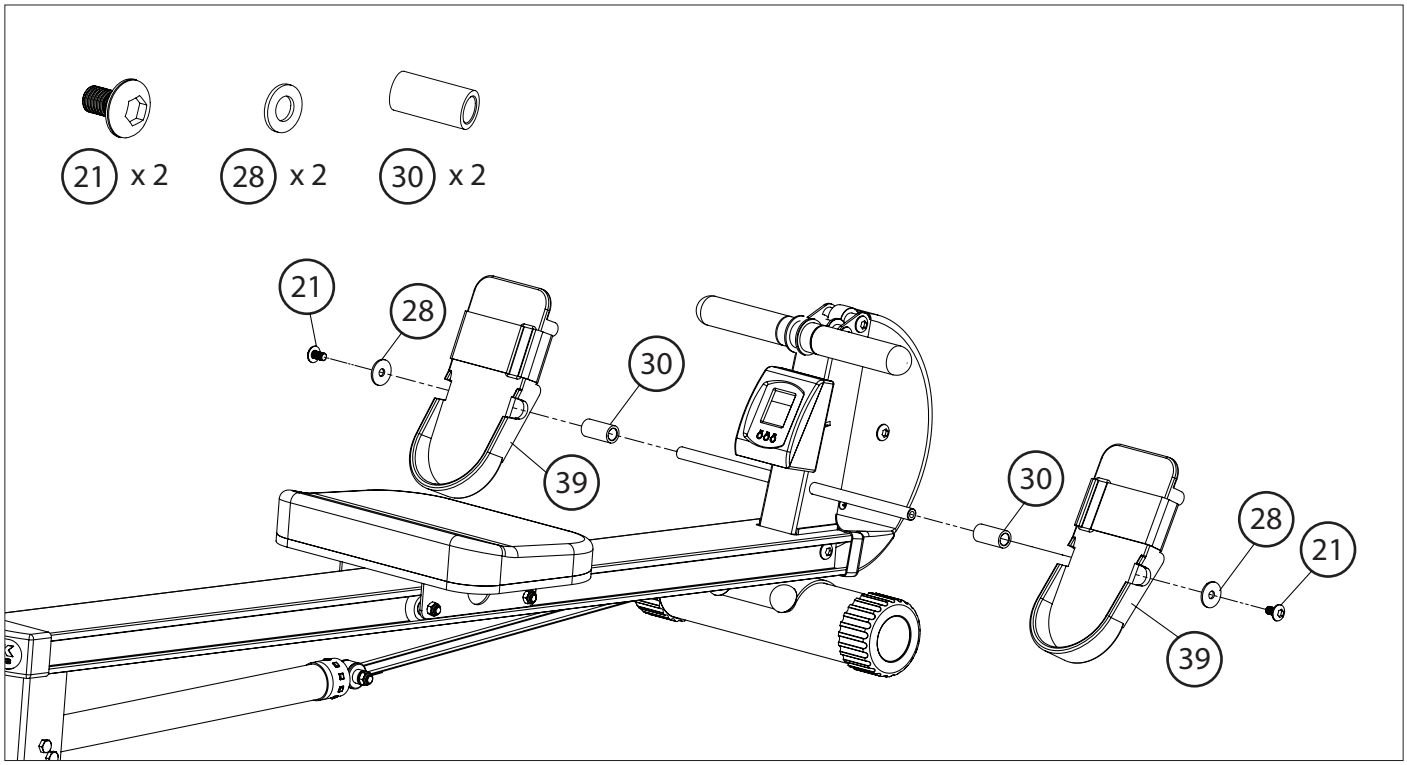

21 x 1
27 x 1
25 x 1
5 x 1
21
5
27
25
36
seat stop
locknut
bolt
washer
end view

STEP 4


22 Parts pre-installed

Assembly instructions

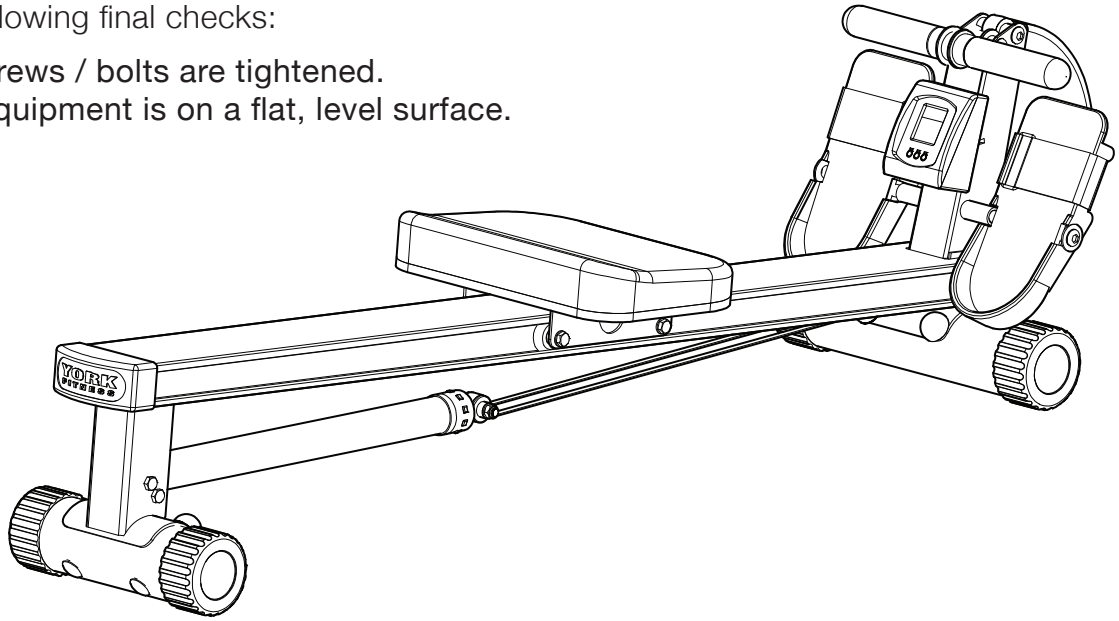
STEP 5



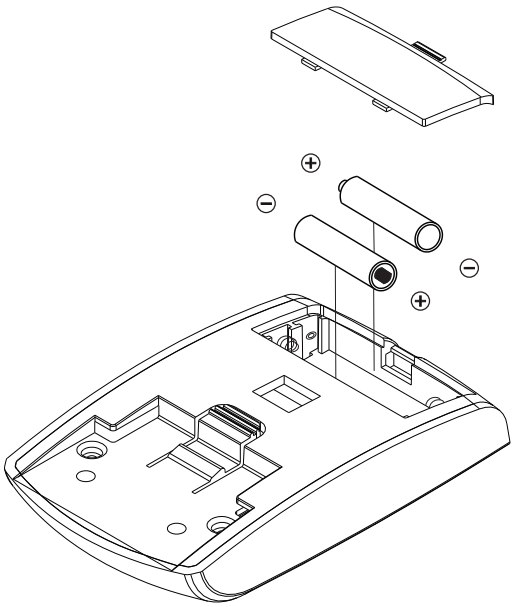
Final Check

Your rower is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



Batteries Replacement Instructions:



1. Remove the meter from the rower.
2. Open the battery compartment cover.
3. Remove battery by pulling the battery in direction of spring and lift opposite end upwards.
4. Insert 2 AA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder.
5. Close the battery compartment.

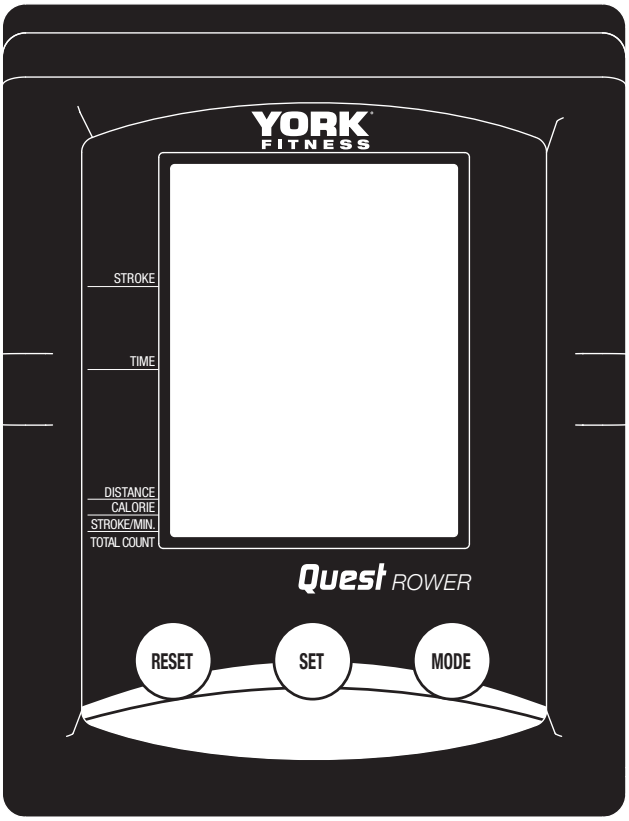
Tips & Warnings

- Always change both batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AA batteries.
- Do not try to heat, ignite, disassemble or throw AA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.

Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Operational instructions

Console:



Console Display and Feedback:

KEYS	FUNCTIONS
STROKES	The number of strokes performed during this session; default counts up from zero, but counts down if a target has been set.
TIME	Time exercised during this session; default counts up from zero, but counts down if a target has been set.
DISTANCE	Distance travelled during this session; default counts up from zero, but counts down if a target has been set.
CALORIES	Approximate calories burned during this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set.
STROKE/MIN	The number of strokes per minute you are performing at your current rowing speed.
TOTAL	An accumulation of total strokes since the last time the reset button was pressed.

Key Function:

KEYS	FUNCTIONS
MODE	Press “MODE” button to select an option.
SET	Activates the console and sets target values
RESET	The user may press “RESET” button to reset each function or hold on for 2 seconds to reset all functions.

Quick Start

1. Simply start rowing and away you go!
2. The values of time, distance and calories will start counting upwards.

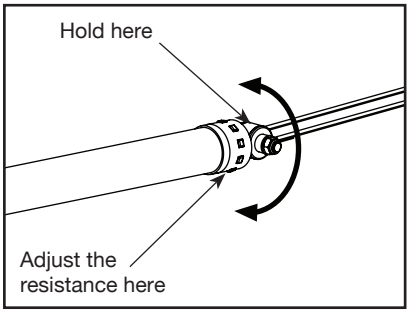
Target Programs:

You can also choose to workout by setting yourself a target based on the number of strokes you wish to complete, workout time, distance travelled or calories burned. When you reach your target the console will beep.

1. Press 'MODE' to select a target program.
2. Use the 'SET' button to set a value.
3. Start rowing to begin your workout.

Adjusting The Resistance

Hold the cylinder in the correct position while adjusting the resistance.



Troubleshooting:

If you have a problem with your rower, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CORRECTION
NO DISPLAY	Check if batteries are inserted correct, check batteries.
NO PULSE SIGNAL	Verify all wires are connected properly

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSIST, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Fitness guide

Exercising with your rower

Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

How to row:

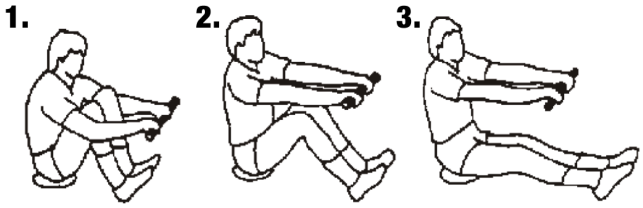
1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.

Please ensure that fingers are not placed inside of the runner assembly when moving the product.

When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.

Alternative exercise - leg only rowing:

This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to start position and repeat.



Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

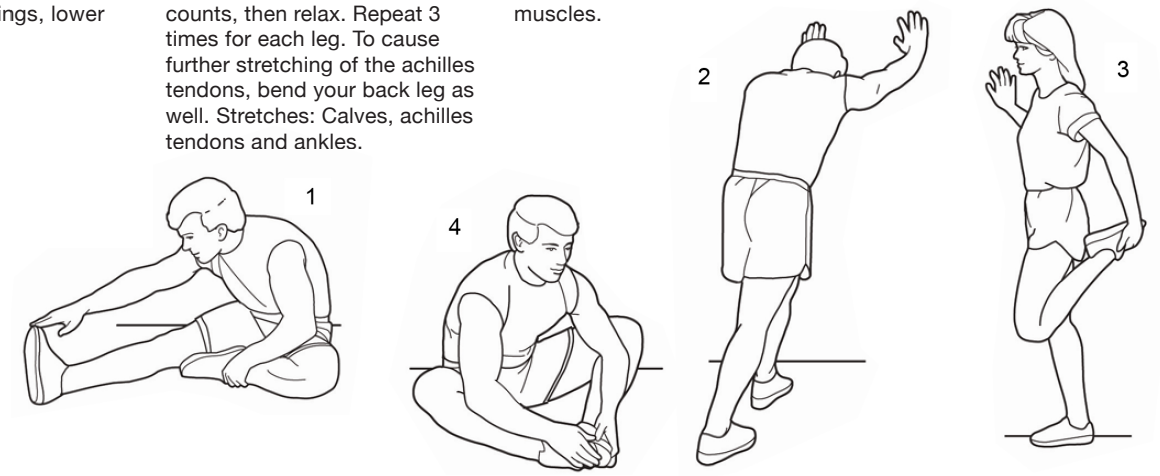
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

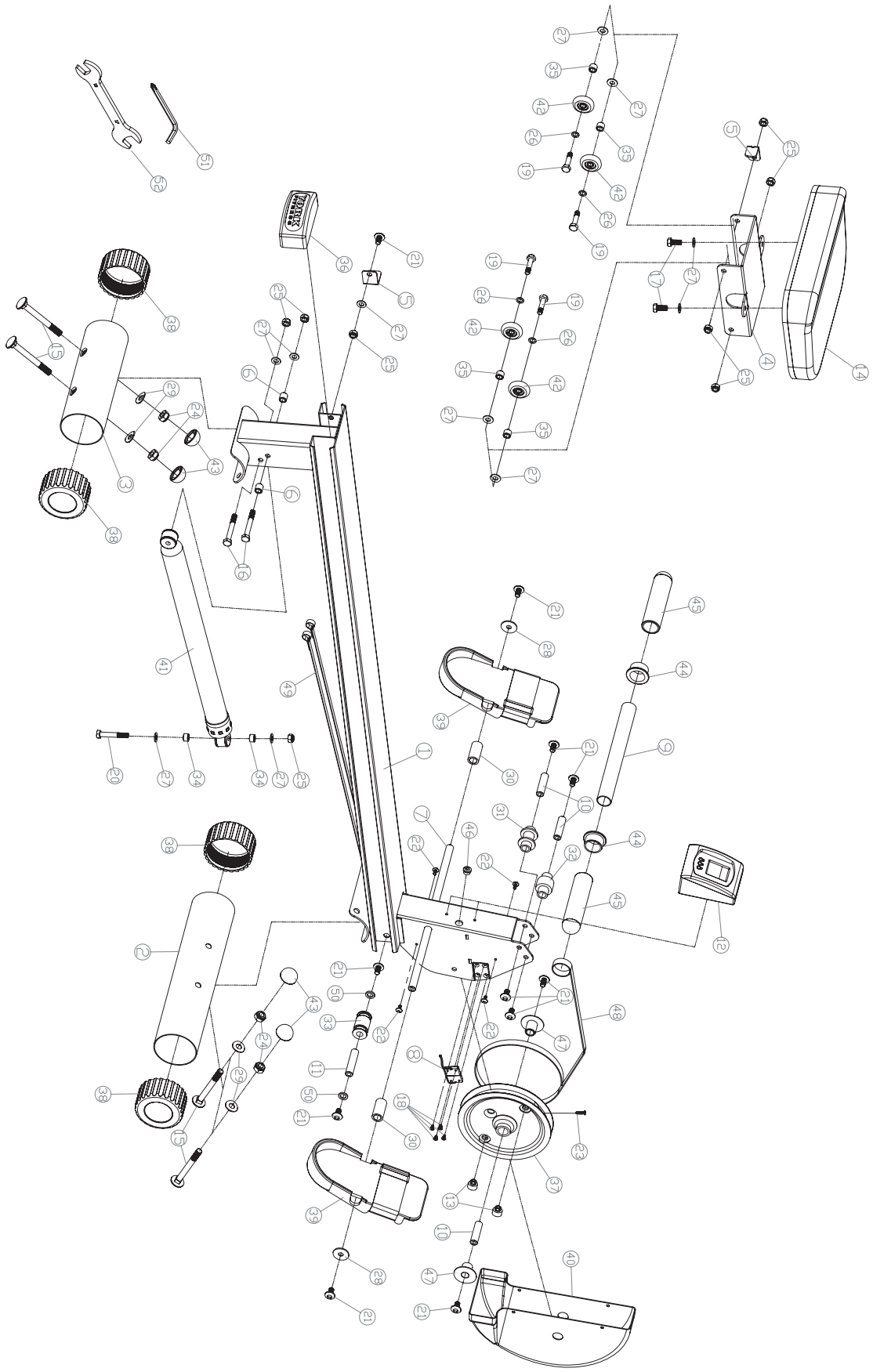
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing



Part list

YORK FITNESS

REF.	YORK REF.	DESCRIPTION	QTY.
CWR501-1	56018-001	SEAT TRACK (R)	1
CVR501-3	56018-002	FRONT STABILIZER (R) Ø76.2 X 350 X T1.5MM	1
CVR501-4	56018-003	REAR STABILIZER (R) Ø76.2 X 250 X T1.5MM	1
CPSR501-5	56018-004	SEAT CARRIAGE 218 X 172 X T3MM	1
CPSR501-1-6R	56018-005	STOP BRACKET 56 X 20 X T2MM	2
CVR501-7	56018-006	BUSH OD12.7 X ID8.5 X L13.5MM	2
CPSR501-8	56018-007	PEDAL PIVOT ROD (Ø12.7 X 350MM)	1
CP60-130170	56018-008	SENSOR & WIRE (130/170MM)	1
CVR501-10	56018-009	HANDLEBAR TUBE (Ø25.4 X 280 X T2MM)	1
CPSR501-11	56018-010	PIVOT SHAFT (Ø12.7 X 50MM)	3
CPSR501-9	56018-011	PIVOT SHAFT (Ø12.7 X 56.5MM)	1
CSM-ST2930-51-4	56018-012	COMPUTER (R) 8183U	1
SM1000-5	56018-013	MAGNET	2
CP08-R501-12G	56018-014	SEAT (R) (58 X 220 X 320MM)	1
CS40-1088R-18	56018-015	CARRIAGE BOLT (M10 X 88MM)	4
CS60-0866R-18	56018-016	HEX HEAD BOLT (M8 X 66MM)	2
CS60-0816R	56018-017	HEX HEAD BOLT (M8 X 16MM)	2
CS2TP-0410B	56018-018	COUNTERSUNK PHILLIPS HEAD SELF TAPPING SCREW (4 X 10MM)	4
CS60-0834R-12	56018-019	HEX HEAD BOLT (M8 X 34MM)	4
CS60-0845R	56018-020	HEX HEAD BOLT (M8 X 45MM)	1
CSIA-0815R-L	56018-021	ROUND ALLEN HEAD BOLT (M8 X 15MM [6MM ALLEN])	11
CSOT-0506R	56018-022	ROUND PHILLIPS HEAD MACHINE SCREW (M5 X 6MM)	4
CS2TP-A0415B	56018-023	COUNTERSUNK PHILLIPS HEAD SELF TAPPING SCREW (4 X 15MM)	1
CSNN-10R	56018-024	NYLOC NUT (M10)	4
CSNN-8R	56018-025	NYLOC NUT (M8)	8
CSW-8513R-20	56018-026	FLAT WASHER (ID8.5 X OD13 X T2MM)	4
CSW-8518R-15	56018-027	FLAT WASHER (ID8.5 X OD13 X T1.5MM)	11
CSW-8528R-20	56018-028	FLAT WASHER (ID8.5 X OD28 X T2MM)	2
CAW-10523R-15	56018-029	FLAT WASHER (ID10.5 X OD23 X T1.5MM)	4
CP49-12819B	56018-030	PLASTIC SPACER (ID12.8 X OD19 X 38MM)	2
CP46-12731B	56018-031	PULLEY WHEEL - SINGLE STRAP (Ø12.7 X Ø31 X 49MM)	1
CP46-127295B	56018-032	PULLEY WHEEL - TWIN STRAP (Ø12.7 X Ø29.5 X 49MM)	1
CP46-12728B	56018-033	PULLEY WHEEL - TWIN STRAP (Ø12.7 X Ø28 X 49MM)	1
CP46-821308B	56018-034	PLASTIC SPACER (ID8.2 X OD13 X 8MM)	2
CVR501-B20	56018-035	BUSH (OD11 X ID8.1 X L11MM)	4
CP57-44110W-1	56018-036	EXTERNAL END CAP - SEAT TRACK (R)	1
CP42-165B	56018-037	PULLEY WHEEL - ROWER STRAP (Ø165 X 47MM)	1
CP4-762G1-PVC	56018-038	ROUND EXTERNAL END CAP (Ø76.5 X 42 X T4MM)	4
CP37-240110G	56018-039	FOOT PLATE - ROTATING (R) (240 X 110MM)	2
CP44-R501-1	56018-040	COVER (R)	1
CH25-38520B	56018-041	CYLINDER - ADJUSTABLE (Ø38 X 520MM)	1
CP46-78375	56018-042	WHEEL - SEAT CARRIAGE (R) (ID7.8 X OD37.5 X 11MM)	4
CP40-1717G-PVC	56018-043	ROUND PLASTIC BOLT CAP (M10 X OD30MM)	4
CP49-265318G	56018-044	PLASTIC TOP HAT BRUSH (Ø26.5 X Ø31.8 X 19MM)	2
CP24-254C130G	56018-045	HANDGRIP - STANDARD - (OD31.8 X L130MM)	2
CP48-413B	56018-046	GROMET (ID4 X OD13.4 X 9.2MM)	1
CP34-127182	56018-047	PLASTIC TOP HAT BRUSH (Ø12.7 X Ø18.2 X 22MM)	2
CP64-1980B	56018-048	PULLING STRAP (13 X 1980 X T1.3MM)	1
CP64-1780B	56018-049	CYLINDER STRAP (8 X 1780 X T2MM)	1
CP49-12818B	56018-050	PLASTIC SPACER (ID12.8 X OD18 X T3.5MM)	2
CST-L632105B	56018-051	PHILLIPS SCREWDRIVER & ALLEN KEY (6MM X 32 X 105MM)	2
CST-1317CP	56018-052	SPANNER (13 & 17MM)	1
	56018-053	PE PACK	1

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www.yorkfitness.com